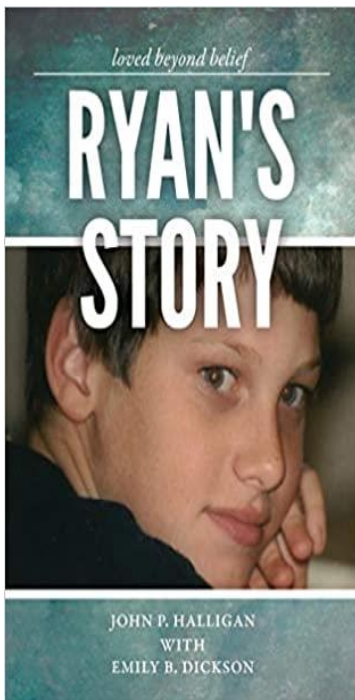


# BUILDING RESILIENCY THROUGH EMPOWERMENT

## A Father's Hard-Earned Lessons about Cyberbullying and its Effects



Adolescence is more challenging than ever. Bullying and suicide are on the rise – an increase linked to social media and smartphone use. John Halligan's son, Ryan, died by suicide after being bullied by classmates at school and online. He was only 13 years old. Mr. Halligan's presentation will cover the lessons learned for his family regarding how to deal with bullying, cyberbullying, and teen depression. He focuses on the art of being an upstander and talking about feelings.



**All participants must adhere to the School District's protocols of properly wearing face masks and keeping appropriate physical distance from others, except if sitting with same household/family members.**

**\*2 COMMUNITY SERVICE HOURS ARE AVAILABLE TO STUDENTS WHO ATTEND THIS IMPORTANT PRESENTATION.**

**FEBRUARY 8, 2022**

**7:30 PM**

**SECONDARY  
SCHOOL  
AUDITORIUM**

### **LIFE-CHANGING LESSONS INCLUDE:**

- The importance of and tips for self-advocacy.
- Strategies for those who are bullied and bystanders.
- Learn about the power of apologies and forgiveness.
- Tips for safe technology use.
- Parents will be empowered with strategies to take preventive actions with their own children.

**Presented By:**  
John Halligan,  
Author and  
Motivational  
Speaker